

Pumpkin Turkey Chili



INGREDIENTS:

1 tbsp olive oil
1 lb. extra-lean ground turkey
1 onion, chopped
1 jalapeno, seeded and finely diced (optional)
3 garlic cloves, minced
2 ½ tbsp chili powder
1 ½ tsp cumin
¼ tsp cayenne
¼ tsp cinnamon
1 tsp salt
Freshly ground black pepper
2 tbsp maple syrup
1 28-ounce can diced tomatoes
¾ cup low-sodium chicken broth
1 15-oz can pumpkin puree (or 1 ¾ cup fresh)
1 15-oz can black beans, rinsed and drained
Cilantro, sour cream or Greek yogurt, and cheddar cheese (optional)

INSTRUCTIONS:

1. Heat olive oil in a large pot. Add onion, jalapeno (if using), and garlic. Stir and cook for 2 minutes, then add in turkey, breaking up the meat and cooking until brown (about 5 minutes). Peel and core apples, then grate them. Transfer to a clean dishtowel and wring out as much juice as you can.
2. Add all of the spices to the meat. Stir to combine and cook 1 minute, then transfer the contents of the pot to a slow cooker.
3. Add the remaining ingredients (except those for serving) to the slow cooker. Stir until well combined. Cover and cook 6 to 7 hours on low or 2 to 3 hours on high.
4. Spoon into bowls and add optional ingredients for serving.
5. Enjoy!

